



Get ready for Kids Heart Challenge!

Dear Parent or Guardian,

It's time for the Kids Heart Challenge! This year our event is **ONLINE ONLY**. Which means you have to register online to participate! Don't worry, if someone wants to send you a check instead, they still can, you'll just need to scan a copy of the check in your mobile app. **No checks or cash can be turned in this year to your teachers.**

Did you know that heart disease is the No. 1 killer of all Americans, but 80% of it may be preventable through lifestyle changes? For 40 years, the American Heart Association has been teaching children the importance of heart-healthy habits to provide the necessary foundation for a healthy and successful future. Through this service-learning program, students will participate in cardio-pumping challenges, pledge to improve their own health and build their character, all while raising lifesaving donations to help save and improve lives. Our school can earn money for PE equipment and your child earns fun thank you gifts that encourage him/her to keep up the good work for heart health. And that's something to jump up and down about!

Here's how it works:

- Start by setting up a personal page at www.heart.org/kidsheartchallenge
- Ask family and friends if they'd like to donate. Not sure what to say? There are prewritten email templates in your personal page.

Remember: Online donations or scan your checks through the app! Thank you for your support!

Welcome to Heartsville! Meet Our Heart Heroes!



Register—
Get a free
WRISTBAND

GLOW

Get it now!



Be You!

Raise \$5—
Get **ECHO**
PLUS a clasp
to clip to your
backpack

**NINJA
POWER**

Get it now!



Be a Warrior
for Strong
and Giving
Hearts!

First online
donation—
Get **FINN**

GLOW

Get it now!



Watch
Out for
Hidden
Salt!

Raise \$20—
Get **OSCAR**

WINGS

Get it after
the event



Be
Physically
Active

Raise \$35—
Get **SPRINKLES**

**CRAZY
HAIR**

Get it after
the event



Color
Your
Plate

Raise \$40
online—
Get **RUBY**

PUSH

Get it now!



Avoid
Sugary
Beverages

Raise \$100—
Get **SPLASH**

PUSH

Get it after
the event



Avoid
Tobacco!

Raise \$200—
Get **FIERY**

GLOW

Get it after
the event

Register at
heart.org/KidsHeartChallenge
OR, on your app. Find it by searching
"Kids Heart Challenge"
in your app store.



Use the App for Extra Fun!

- STEP 1:** Download the app!
- STEP 2:** Scan the Heart Heroes to bring them to life and hear their message!
- STEP 3:** Create selfies using the cool photo and video filters!
- STEP 4:** Send emails, create an e-card, post to Facebook and more!

Thank-You Gifts

\$5
ECHO AND HERO CLASP



LateX-free. Not for children under 3 years.

\$15
JUMP ROPE

plus lower prize level



Should be used for its intended purpose only. Recommended ages 6+.

\$20
OSCAR

plus lower prize levels



LateX-free. Not for children under 3 years.

\$35

SPRINKLES
plus lower prize levels



LateX-free. Not for children under 3 years.

\$50

HERO T-SHIRT
plus lower prize levels



\$75

BASKETBALL
plus lower prize levels



Recommended ages 3+.

\$100

SPLASH
plus lower prize levels



Not for children under 3 years.

\$150

DANCING BALL
plus lower prize levels



Choking Hazard—Small Parts. Recommended ages 3+.

\$200

FIERY
plus lower prize levels



Not for children under 3 years.

\$250

SPRINKLE'S SLIME BALL
plus lower prize levels



Choking Hazard—Small Parts. Recommended ages 6+.

\$500

SPLASH'S RACKET FUN
plus lower prize levels



Choking Hazard—Small Parts. Recommended ages 6+.

\$1,000

WIRELESS HEADPHONES
plus lower prize levels



Choking Hazard—Small Parts. Recommended ages 6+.

ONLINE DONATIONS THANK YOU GIFTS

Register and get a **FREE Glow wristband**



HEART HEROES WRISTBAND

LateX-free. Not for children under 3 years.

1st Online Donation

FINN

LateX-free. Not for children under 3 years.



\$40 Online Donation

RUBY

Not for children under 3 years.



\$1,000 Bonus for online students!

Create your own Heart Hero in the virtual world!

It will be 3D printed and sent to your home!

Choking Hazard—Small Parts. Recommended ages 3+.



SCAN A COPY OF CHECKS FOR DEPOSIT USING THE MOBILE APP

1. Open the App: **Kids Heart Challenge** and sign in/sign up
2. Select the icon at the bottom of the screen that looks like a dollar sign "\$"
3. Select **Check Deposit**
4. Enter check amount
5. Scan the front and back of check

WWW.HEART.ORG/KIDSHEARTCHALLENGE

APP: KIDS HEART CHALLENGE

